

STEP/ACTIVITY CONVERSIONS

The following is a **GUIDELINE** for converting different activities into steps. Please know that there are many conversion charts that may be found on the internet.

Steps to Miles Conversion Chart

Approximate – based on Shape Up America

<u>Steps</u>	<u>Minutes</u>	<u>Miles</u>
500 =	5 =	1/4 mile
1000 =	10 =	1/2 mile
1500 =	15 =	3/4 mile
2000 =	20 =	1 mile
2500 =	25 =	1 1/4 miles
3000 =	1/2 hour =	1 1/2 miles
3500 =	35 =	1 3/4 miles
4000 =	40 =	2 miles
4500 =	45 =	2 1/4 miles
5000 =	50 =	2 1/2 miles
5500 =	55 =	2 3/4 miles
6000 =	1 hour =	3 miles
6500 =	65 =	3 1/4 miles
7000 =	70 =	3 1/2 miles
7500 =	75 =	3 3/4 miles
8000 =	80 =	4 miles
8500 =	85 =	4 1/4 miles
9000 =	1 1/2 hours =	4 1/2 miles
9500 =	95 =	4 3/4 miles
10000 =	1 hr 40 min =	5 miles

Other

Biking 3 miles = 2,000 steps

Jogging/running 1 mile = 4,000 steps

Wheelchair 1 mile = 2,000 steps

Selected Pedometer Step Equivalents for 15 Minutes of Exercise

(This chart is based on MET – Metabolic Equivalents of various physical activities. Compendium of Physical Activities: An update of activity codes and MET intensities. Med Sci sports Exercise 2000; 32 (Suppl):S498-S516) It can be viewed at <http://www.betalife.com/en/general/convert-exercise-steps> and at <http://mcintranet.musc.edu/health1st/MeasuringConverting.pdf>

<u>Activity</u>	<u># of Steps</u>
Walking slow under 2 miles per hour (mph)	909
Walking slow 2 mph	1136
Walking 3 mph	1500
Walking 3.5 mph	1700
Walking 4 mph	2300
Walking 5 miles mph	3600
Race Walking	2955
Water Jogging	3600
Bicycling (moderate effort)	3600
Bicycling (vigorous effort)	5500
Bicycling (stationary, moderate effort)	3200
Bicycling (stationary, vigorous effort)	4800
Climbing rock or mountain	4091
Hiking	2700

Other:

Stairmaster 4091

(This is not usually calculated in terms of miles. Wear your Pedometer and double your steps)

Resource:

Converting Activity to Steps. America on the Move YMCA
<https://www.rochesterymca.org/pdf/StepConversionChart.pdf>